

Time for Me North Kensington

Health, leisure and learning for unpaid carers over 50

**July - October 2019 Activities Fridays 11am to 1pm
at Second Half Centre, St Charles Centre for Health & Wellbeing**

"Time for Me North Kensington offers you time to relax, have fun and meet other carers."

Call Liz Butters Project Co-ordinator 020 8962 4536 for further details

Time for Me for North Kensington continues with regular **drop in** Friday morning activities. Come along for tea/coffee and biscuits, meet other carers and take part in a diverse programme of activities and trips.

*See over the page for further details of Time for Me activities and trips. ***Means booking is essential.**

(NB. Advance booking essential for *trips & *courses. Bookings may be made from 12th July.)

- | | |
|-----------------------|---|
| 19 th July | Second Half Centre (SHC) End of Term Party 12-2pm |
| 26 th July | *TRIP – Coach trip to Sissinghurst Castle Garden (Must book) |
| 31 st July | *TRIP – WEDNESDAY EVENING – SWING PATROL AT SPITALFIELDS 6pm |
| 2 nd Aug | *New Horizons Party 12-4pm £8 (MUST BOOK with New Horizons 020 7590 8970) |
| 6-8 th Aug | (Tue-Thur) Open Age Member's Art Exhibition at The Saatchi Gallery (Education Room), Duke of York's HQ, King's Rd, SW3 4RY. Drop in Weds 12.30-6pm and Thurs 10-6pm |
| 9 th Aug | *9th Anniversary Social Gathering and consultation (MUST BOOK)
Come early for: Kundalini yoga (chair and/or mat based) with Kathryn; Games & Creative activities (crafts, card and jewellery making) with Lynda, June, Daphne. Meet friends old and new and enjoy some snacks together |
| 14 th Aug | *TRIP – WEDNESDAY – Royal Albert Hall Afternoon Coffee Club (Jazz) 1.15pm |
| 16 th Aug | Creative activities (inc jewellery making) and / or Games with Daphne |
| 20 th Aug | *Open Age Mile, 11am Paddington Recreation Ground W9 1PD. Come to walk, jog or run. Sponsorship forms available. (For information and to register (£2) call 0208 962 4141) |
| 23 rd Aug | NO GROUP (BANK HOLIDAY WEEKEND) |
| 30 th Aug | Stress management, relaxation techniques and gentle exercise with Liz |
| 4 th Sept | *TRIP – WEDNESDAY – Boat trip (one way) Westminster to Richmond |
| 6 th Sept | Chi Kung (gentle exercise for health & wellbeing) with Tricia |
| 13 th Sept | Kundalini Yoga (chair and/or mat based session) with Kathryn |
| 20 th Sept | Creative activities (inc jewellery making) and / or Games with Daphne |
| 24 th Sept | *TRIP – TUESDAY – Coach trip to Bournemouth (Must book) |
| 25 th Sept | *TRIP – WEDNESDAY – Royal Albert Hall Afternoon Coffee Club 1.15pm |
| 27 th Sept | Sound healing and relaxation with Melanie |
| 4 th Oct | Creative activities (inc jewellery making) and / or Games with Daphne |
| 11 th Oct | Chi Kung (gentle exercise for health & wellbeing) with Tricia (to be confirmed) |
| 18 th Oct | Sound healing and relaxation with Melanie |

Open Age is introducing a pricing structure of £1 per hour for most activities. Most carers trips and activities are free*. *Donations are welcome (suggested £1 - £2 per activity). There will be a charge for Time for Me meals.

Time for Me North Kensington

Health, leisure and learning for unpaid carers over 50

**Trips and activities in July to October 2019
TO BOOK your place please call 020 8962 4536**

Time for Me North Kensington offers you time to relax, have fun and meet other carers.

(*NB. Advance booking essential for trips and courses. Bookings may be made from **12th July.**)

***COACH TRIP TO SISSINGHURST CASTLE GARDEN**

FRIDAY 26th July (Please book as soon as possible)

Time: Meet at Open Age (St Charles) at 9.00am (return trip c5pm arriving London c7/7.30pm)

A full day coach trip to Sissinghurst Castle Garden. NB. This trip does NOT include lunch.

Please bring your own lunch or buy your lunch in the cafe there. *Arrangements to be confirmed.*



***SWING PATROL EVENING DANCE**

WEDNESDAY 31st JULY

Time: Meet 6pm at Spitalfields (under the 'Sails')

Come dancing at Swing Patrol outdoor evening dance under the sails (6-8pm inc taster lesson).

Meet under the 'sails' in open area between Liverpool St Station and Spitalfields Market.



***ROYAL ALBERT HALL AFTERNOON COFFEE CLUB**

WEDNESDAY 14th August (Booking essential limited places)

Time: Meet at Royal Albert Hall Door 12 at 1-1.15pm

Enjoy tea / coffee, cake and live jazz with pianist Arthur Lea. *Details to be confirmed.*



***BOAT TRIP (ONE WAY) WESTMINSTER PIER TO RICHMOND**

WEDNESDAY 4th SEPTEMBER (Must book limited places)

Time: Meet at Westminster Pier in morning (sailing time tbc depends on tides)

Sail up the river for two hours to Richmond. Sailing times vary with the tides but this will be a morning trip. Please bring your Freedom Pass / Oyster Card. Travel home by public transport (or you can pay the extra for a return boat trip). *Arrangements to be confirmed.*



***COACH TRIP TO BOURNEMOUTH**

TUESDAY 24th SEPTEMBER (Must book limited places)

Time: Meet at Open Age (St Charles) at 9.15am (return trip c6pm arriving London c8.30pm)

A full day coach trip to Bournemouth. You can book a **two course lunch for £5** (fish & chips / vegetarian) with tea/coffee, or bring your own lunch. *Arrangements to be confirmed.*



***ROYAL ALBERT HALL AFTERNOON COFFEE CLUB**

WEDNESDAY 25th September (Booking essential limited places)

Time: Meet at Royal Albert Hall Door 12 at 1-1.15pm

Enjoy tea / coffee, cake, live opera and songs from stage and screen from a baritone singer and pianist. *Details to be confirmed.*



Contact **Carers Network to book, for their newsletter **Network News K&C**, information & advice. Call 020 8960 3033
Email: carers@carers-network.org.uk Website: www.carers-network.org.uk **Dolores Dyett** is the **K&C Case Worker**.